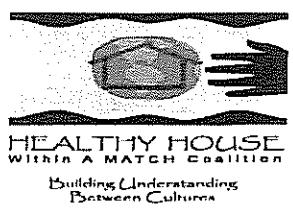


## Hmong Mental Health Terminology

- |                    |  |
|--------------------|--|
| 1. Nyuab Siab      | 1. Difficult liver (Stressed, overwhelmed)                     |
| 2. Tu Siab         | 2. Broken liver (sad, grieving, guilty feeling)                |
| 3. Kho Siab        | 3. Heart murmuring ( lonely, sad, hopeless, missing loved one) |
| 4. Lwj Siab        | 4. Rotten liver ( feeling miserable)                           |
| 5. Chim Siab       | 5. Upset liver (tense, unhappy)                                |
| 6. Puas Siab       | 6. Destroy liver (loss of enjoyment, mistrust)                 |
| 7. Dai Siab        | 7. Hang liver (life not complete, forlorn)                     |
| 8. Ntxhov Siab     | 8. Mix liver ( anxious, distressed, worried)                   |
| 9. Poob Siab       | 9. Drop liver (feeling fearful, severely anxious)              |
| 10. Mob Siab       | 10. Pain liver (jealous, worried)                              |
| 11. Siab yuj plaws | 11. Flying liver (mixed feeling, mixed thinking)               |
| 12. Siab fab fo    | 12. Busy liver (fidgety, restless, wandering)                  |
| 13. Siab Luv       | 13. Short liver (short temper)                                 |
| 14. Siab Phem      | 14. Bad liver ( bad hearted, behavior toward another person)   |
| 15. Siab Dub       | 15. Dark liver (cold hearted)                                  |
| 16. Siab lim hiam  | 16. Abusive liver (cruel, dishonest, cold blood)               |
| 17. Siab tsis tus  | 17. Unstable liver ( mood swings, happy, sad, mad )            |



## Mental Health Terminology in Hmong

<b>Sorrow:</b>	Tu siab
<b>Melancholy:</b>	Ntsoos
<b>Desperation:</b>	Tag kev vam.
<b>Crazy:</b>	Vwm loj
<b>Crisis:</b>	Kev kub ntxhov
<b>Disturbing:</b>	Cuam tshuam, tshuam lus
<b>Distressed:</b>	Kev ntxhov siab / kev nyuab siab
<b>Miserable:</b>	Lwj siab/ txom nyem siab ntsws
<b>Oppression:</b>	Raug quab yuam, raug khoo
<b>Demented:</b>	Tsis meej pem
<b>Stagnation:</b>	Nyob twj ywm tsis nti
<b>Depression:</b>	Kho siab
<b>Troubled:</b>	Ua teeb meem
<b>Discouraged:</b>	Tsis pom zoo, tsis npaj siab, tsis muaj siab
<b>The blues:</b>	Kho siab, ntsoos, mluas
<b>Sly:</b>	Zais siab
<b>Despondent:</b>	Tu siab yam kawg nkaus
<b>Mourning:</b>	Quaj ntsuag
<b>Grief:</b>	Nco /khuv xim
<b>Sinking:</b>	Poob tsag
<b>Hopeless:</b>	Tsis muaj siab /tsis muaj hau kev lawm/ kev tws tas
<b>Run-down:</b>	Puas tsus, Txom nyem ntsuav
<b>Despair:</b>	Tag kev cia siab
<b>Worry:</b>	Txhawj xeeb
<b>Sadness:</b>	Tu siab, mluas. ntsoos
<b>Unhappiness:</b>	Chim siab/ lwj siab
<b>Lost:</b>	Ncaim lawm, xiam l awm, puas ntsoog
<b>Worn-out:</b>	Zog ntaug, zog tsuag
<b>Dejected:</b>	Poob meej mom, Poob ntsej muag, Tsis muaj ntsej muag
<b>Anxiety:</b>	Txhawj, Ntshai
<b>Mad:</b>	Chim lwj chim liam
<b>Insane:</b>	Feeb tsis meej, Vwm ntsuav
<b>Confused:</b>	Cais tsis tau lub ntsiab, tsis meej pem
<b>Senile:</b>	Laus dua
<b>Repressed:</b>	Zais siab, Khaws cia nruab siab
<b>Paranoid:</b>	Tsis tau luag li ( Ntshai dab, Ntshai neeg tua, Neeg Lom, Neeg ua phem rau)



HEALTHY HOUSE  
Within A MATCH Coalition

Building Understanding  
Between Cultures

Healthy House within A MATCH Coalition